Weightlifting/Fitness, Advanced PE, Healthful Living

Coach J. Little

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Guidelines for Wiki Response

* Responses must be submitted by 3:10 each Friday
* Your response must also include your full name (first and last)
* Response must use complete sentences
* Response must use proper grammar (no “text lingo”, sentence fragments, etc.)

\*Please remember, your wiki response is a class assignment that counts as 10% of your six weeks grade and should be treated in such a manner. You are to submit an intelligent response that will spark conversation from others in the class. This is **NOT** to be used as a way to “chat” with others in the class or to have casual conversation. Please think about your response before you post it. You should not have to submit multiple posts.